USER'S MANUAL

Model:
MP3Sportwatch-100

Description:
Sport Watch

For more information: www.lenco.com

Cautions

- Do not place naked flames, such as lighted candles on or near the product.
- Do not place objects filled with liquids, such as vases on or near the product.
- Do not use or store this product in a place where it is subject to direct sunlight, heat, excessive dust or vibration.
- Do not use this product with wet hands.
- Do not clean this product with water or other liquids.
- Do not block or cover the slots and holes in the product.
- Do not push foreign objects into the slots or holes in the product.
- Do not attempt to open this product yourself. There are no user serviceable parts inside.
- Do not allow children access to plastic bags.

Safety Warnings

- Before using this product, read and follow all warnings and instructions.
- This product is not intended for use by young children. Young children should be properly supervised.
- This product is intended for household use only and not for commercial or industrial use.
- Do not expose to dripping or splashing.
- No naked flame sources, such as lighted candles, should be placed on the product.
- Ventilation should not be impeded by covering ventilation openings with items such as newspapers, table cloths, curtains and the like.
- Make sure the unit is adjusted to a stable position. Damage caused by using this product in an unstable position or by failure to follow any other warning or precaution contained within this user manual will not be covered by warranty.

We, suggest retaining the packaging in case for future transport of the product.

If at any time in the future you should need to dispose of this product please note that: All batteries and accumulators need to be removed from this product (Removal of Waste Batteries and Accumulators).

	WARNING: When participating in the traffic listening to a personal music player can make the listener less aware of potential dangers such as approaching cars.
	WARNING: To prevent possible hearing damage, do not listen at high volume levels for long periods.

A. Get to know the controls on Player

Item	Description	
1	**TFT With Touch Function**	Capacitive Touch Panel
2	**Button**	For Volume Up / Value ＋
3	**Button**	For Volume down / Value －
4	**Button**	For Power On/Off, Mode, Reset
5	**3.5mm Earphone Jack**	For Earphone Set
6	**Micro USB Port**	For PC Connection / Charge
7	**Splash Proof Cover**	
8	**Clip**	

B. About Player Battery

Player has an internal, non–user-replaceable battery. For best results, the first time you use player, let it charge for about 2 ~ 3 hours or until the battery status icon in the “Connect” screen shows that the battery is in full.

Battery is full

Note: *Player may continue use battery power after it’s been turned off. For maintain the battery life and performance, if unit isn’t used for a while, the battery need to be recharged, recharging the battery at least once per month.*

1. Charging the Battery:

You can charge the player battery in two ways:

- Connect player to your computer. Or,
- Use the USB power charger. *(not included)*

2. Connection and Charging:

- Once you have connected player with computer / power charger, then

you will see the **“PC Connection”** or **“Battery Charging”** screen appear for view;

PC Connection

Battery Charging

- For **PC connection screen**: the player is connecting with computer for data’s transfer and the battery is charging in background.
- For **Battery Charging screen**: the energy level is running in battery icon, the battery is in charging. The energy level will show full when the battery is fully charged.

In Charging

Important: *The battery does not charge when your computer is in sleep. The USB port on most keyboards does not provide enough power to charge the player. Connect player to a USB 2.0 port on your computer only to prevent charge problem.*

C. Connecting and Disconnecting Player

1. To Connecting Player:

- To connect player to your computer, plug the connector of USB Cable into a USB port on your computer, and connect the other end to player, then the computer will detect and install the driver automatically. Once the installation is complete the player will be displayed in “My Computer” or for MAC users on the desktop.
- The player is ready for media files transfer with your computer and the battery is charging when **“PC Connection”** screen is showing.
- Now you can transfer the media files by using the computer mouse use drag and place, or copy and paste, in between the player and your computer.

2. To Disconnecting Player:

It’s important not to disconnect player while it’s syncing or transferring files. Eject the player before disconnect it.

- To eject player, press the **M** button, the **“PC Connect”** screen will eject and switch to **“Battery Charging”** screen.
- Press the **M** button once again to switch to **“Main Menu”** screen for function operation mode.
- And now is safe to disconnect the player with your computer. Unplug the USB cable from the player.

- Or, if you're using a Windows PC, you can also eject player in My Computer or by clicking the **"Safely Remove Hardware"** icon in the Windows system tray, select the correspondence name of USB Device and choose **"Stop"** > choose **"Confirm"** > choose **"Confirm"** follow by the pop-up windows you're your computer.
- Or, if you're using a Mac, you can also eject player by dragging the player icon on the desktop to the Trash.
- Disconnect the USB cable from the player and computer, simply remove it.
- If you accidentally disconnect player without ejecting it, reconnect it to your computer and sync again. However, some media file may loss.

D. General Touch and Key Function Table:

Item	Touch Function		Function Description
1	Slide to up on screen		List / Page Up, Vol. / Value ＋
2	Slide to down on screen		List / Page Up, Vol. / Value －
3	Slide to left on screen		Move Next, Call folder / file list (if have),
4	Slide to right on screen		Move Back, Exit to Previous interface / Menu
5	Tap the item / icon/ on screen		Open, Enter, Select, Play/Pause,
6	Tap and hold file / item on screen		Delete (if applicable)
7	⏸	Tap this icon	From play to pause
8	▶	Tap this icon	From pause to play
9	◀◀	Tap this icon	Back
		Tap and hold this icon	Fast-Backward
10	▶▶	Tap this icon	Next
		Tap and hold this icon	Fast-Forward
Item	Key Function		Function Description
1	⊕	Press this button	Volume / Value ＋
		Press and hold this button	Volume / Value ＋ continually
2	⊖	Press this button	Volume / Value －
		Press and hold this button	Volume / Value － continually
3	M	Press this button	Wake up from clock / Clock, Interface display
		Press this button	Power On
		Press and hold this button	Power Off
		Press and hold 10s~ 12s	Reset the Player

E. Getting Start the Player

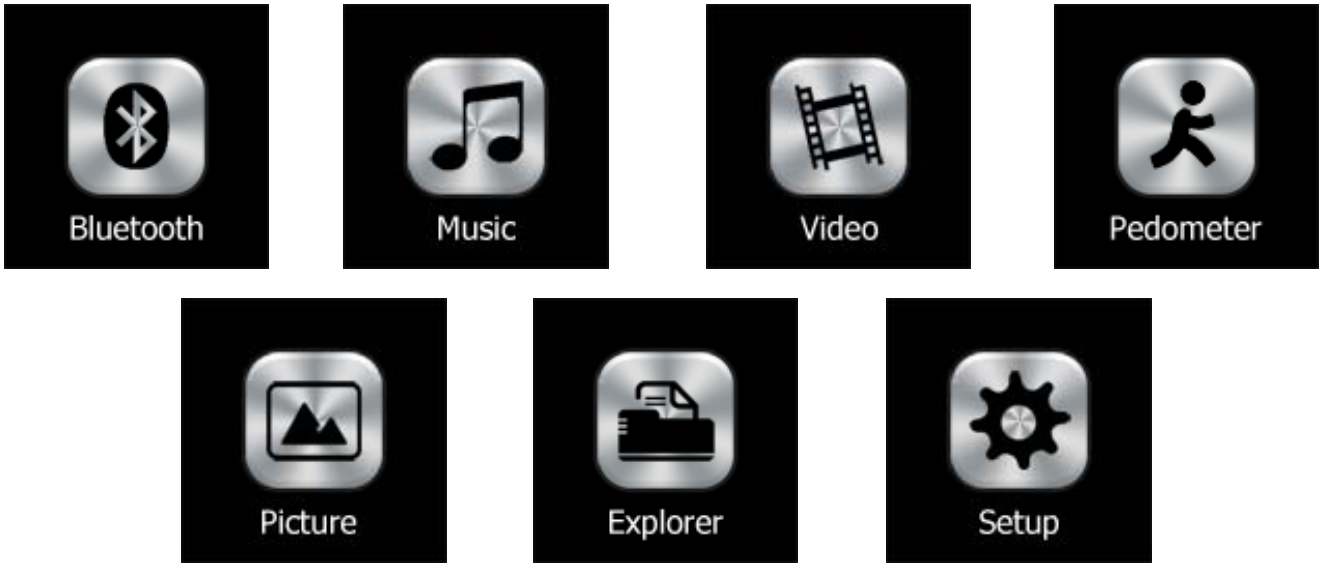
1. Power ON / OFF the Player

- Press the M button to power "ON" the player, clock time will display as priority.
- Then, tap the clock time display and you will see any one of the Main Menu **"Bluetooth / Music / Video / Pedometer / Picture / Explorer /**

Setup" will appear on TFT.

- To power **"OFF"** the Player, press and hold the button for 2 ~ 3 seconds.

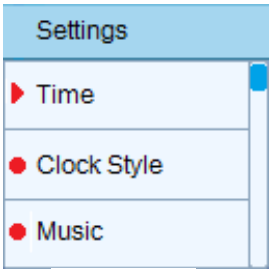
"Main Menu" screens



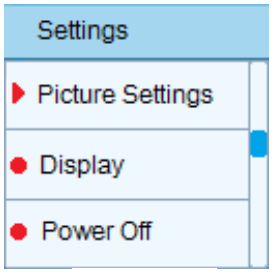
F. Use Setup Menu

You might need to set date & time or change some default setting as you desired in setup menu before you start to use the player.

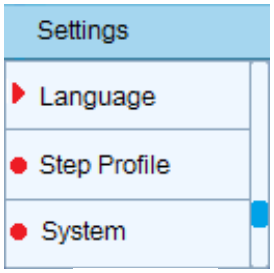
- To go into setup menu, from main menu, choose "**Setup**" by slide to left / right on screen, then tap the **"Setup"** menu icon, a "**Settings**" list appears to use;



Page 1



Page 2



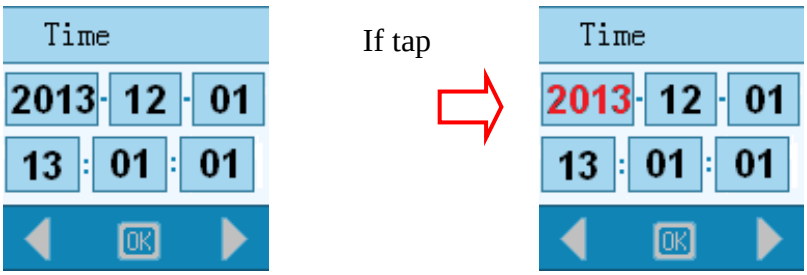
Page 3

Note:

- *To move list's item up or down, slide to **"Up / Down"** on screen.*
- *To go back to previous menu, slide to right on screen.*

1. Time

- Tap the **"Time"** item to set date and time, a time set interface appear to set;

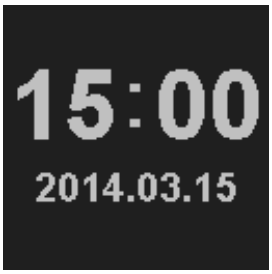


- Set year for example, tap the **"Year"** box and it will highlighted in red color. Then press ⊖ / ⊕ button.
- Tap ◀ / ▶ icon or tap the rest items **"Month / Day / Hour / Minute / Second"** box, to adjusting them to current date and time by the same methods.
- Tap OK icon to confirm those adjusted values. If not, the date and time will not store after you have exited.

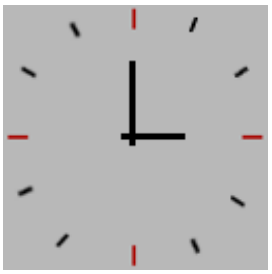
2. Clock Style

- Tap the **"Clock Style"** > tap **"Digit Clock"** or **"Analog Clock"** display which you like.

"Digit Clock" Display



"Analog Clock" Display



3. Music

- Tap the **"Music"** item > tap **"Repeat Mode / Play Mode / EQ Select"**, a submenu list appear to choose;

a. Music Repeat Mode:

- Tap **"Repeat Mode"** > Tap **"Repeat One / Folder Repeat / All Repeat"** which you desired.

b. Music Play Mode:

- Tap **"Play Mode"** > Tap **"Order / Shuffle"** which you desired.

c. Music EQ Select:

- Tap **"EQ Select"** > Tap **"Normal / Rock / Pop / Classic / Bass / Jazz"** which you desired.

4. Picture Settings

- Tap the **"Picture Settings"** item > tap **"Auto Play Time"**, a submenu list appear to choose;
- Then, tap **"2s / 4s / 6s / 8s / 10s" >** which you desired.

5. Display (also touch screen lock)

- Tap the **"Display"** item > tap **"Blight Time (backlight time) / Lum (Luminance) "**, a submenu list appear to choose;

a. Blight Time:

- Then, tap **"Blight Time"** > tap **"5s / 10s / 15s / 20s / 30s / Always On" >** which you desired. (Factory defaulted at 15s)
- Besides, the touch screen will be locked at every time the backlight goes to **"Off"** according to the time from 5 ~ 30 seconds what you selected.
- If "**Always On"** chosen, the backlight will not go dark and the screen lock will not activate. However, battery energy will running empty fast depending on which operation mode is in running.

b. Blight Time:

- Tap **"Lum"** > tap **"1 / 2 / 3 / 4 / 5"** bright level which you desired.

6. Power Off

- Tap the **"Power Off"** item > tap **"OFF / 10 / 15 / 30 / 60 / 120 Minutes"** which you desired;
- Choose **"OFF"** to disable the sleep timer function.
- Choose **"10 ~ 120 minutes"** time to enable the sleep timer function, the Player will be turned power to "OFF" according to the selected time.

7. Language:

This player can use difference OSD languages.

- Tap the "**Language**" item > tap which language as you desired.

8. Step Profile (for Pedometer)

- Tap the **"Step Profile"** item > tap **"Weight / Step Size/Height"** which you desired, a submenu list appear to choose;

a. Weight:

- Tap the **"Weight"** item > tap **"30kg ~ 39kg / 40kg ~ 49kg / 50kg ~ 59kg / 60kg ~ 69kg / 70Kg ~ 79kg / 80kg ~ 89kg / 90kg ~ 99kg / 100kg ~ 109kg / 110kg ~ 109kg / 110kg ~ 119kg / 120kg ~ 129kg / 130kg ~ 139kg / 140kg ~ 150kg"** which you desired.

b. Step Size:

- Tap the **"Step Size"** item > tap **"30cm ~ 39cm / 40cm ~ 49cm / 50cm ~ 59cm / 60cm ~ 69cm / 70cm ~ 79cm / 80cm ~ 89cm / 90cm ~ 99cm / 100cm ~ 119cm / 120cm ~ 129cm / 130cm ~ 139cm / 140cm ~ 149cm / 150cm ~ 159cm / 160cm ~ 169cm / 170cm ~ 179cm / 180cm ~ 189cm 190cm ~ 200cm"** which you desired.

c. Height:

- Tap the **"Height"** item > tap **"100cm ~ 109cm / 110cm ~ 119cm / 120cm ~ 129cm / 130cm ~ 139cm / 140cm ~ 149cm / 150cm ~ 159cm / 160cm ~ 169cm / 170cm ~ 179cm / 180cm ~ 189cm / 190cm ~ 199cm / 200cm ~ 209cm / 210cm ~ 219cm / 220cm ~ 229cm / 230cm ~ 240cm"** which you desired.

9. System

- Tap the **"System"** item > tap **"About / Default Set"** which you desired;

a. About:

- Tap the **"About"** item, wait for seconds, the player information; such as, firmware version and date created, used memory and remaining memory space available will appear to view.

b. Default:

- Tap the **"Default Set"** item, wait for seconds, a dialog box with warning **"Restorable?"** appear to confirm;
- Tap **"Yes"** to confirm and the above mentioned settings to be restored back to factory default settings.
- Tap **"No"** to abort.

G. Use Music Menu

You can use this music player to playback with almost full format of music file of audio coding. To open the music player in Main Menu:

- From main menu, choose "**Music**" by slide to left / right on screen, then tap the **"Music"** menu icon, a **"Music Now Playing"** interface appears to use and a music file is starting to automatically;

1. Play / Pause Music

- In music now playing interface;
- Tap ▶ icon to pause the playing music.
- Tap ⏸ icon for play the music from pause.

2. Play Next / Previous file

- Tap ⏭ icon to play next file.
- Tap ⏮ icon to play previous file.

3. Play Fast-forward / Fast-backward

- Tap and hold ⏭ icon to play fast-forward.
- Tap and hold ⏮ icon to play fast-backward.

4. Adjust volume level

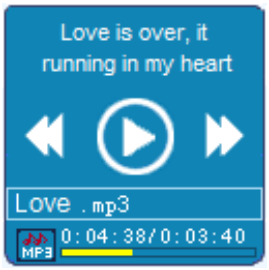
- In Music Now Playing interface, press or pressing the ⊖ / ⊕ button to decrease / Increase the volume level.
- In dark screen mode, the ⊖ / ⊕ button is only allow to adjust the volume up to default level. Press M button to unlock the touch screen to countinue for increase the volume if you want.

For hearing protection; *a display warning pop-up on TFT screen when every time you increase the volume level and reach to the default setting level which may exceed 85dB. Tap the relevant showing icon on screen to accept the warning and enter/continue into the volume control for increase the level and until to maximum.*

5. Lyric Display

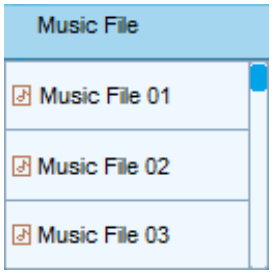
This player supports "*.LRC" lyric files and lyrics can synchronous displayed while playing music if you music file has lyric file included together.

- Make sure the music file name and "*.LRC" file name must be same and upload into player together.
- When the playing music included with lyrics file, then the lyrics display mode will switched on automatically and the lyrics will display at the music now playing interface as follow show:



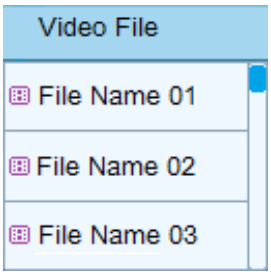
6. To Call Out Music File List

- In Music Now Playing interface, slide to left on screen, a **“Music File”** list appear to use;
- Then slide to up or down on screen to page up/down the list for select the desired music which you want to play.
- Tap the desired music name’s file to choose and start the play.



H. Use Video Menu

- From main menu, choose the **“Video”** by slide to left / right on screen, then tap the **“Video”** menu icon, a **“Video File”** list interface appears to use;



- In video file list interface, slide to up or down on screen to page up/down the list for folder and file selection. (Make sure you know which folder(s) are contains supported “AVI” video file. If not, no video file will show out when you entered the selected folder)
- Slide to right on screen to go back to previous list, or slide to up / down on screen to move up or down the list when necessary.
- Once files are located, tap the desired file to start the play, a **“Video Now Playing”** interface appear and the video is in playing.

- The video now playing interface will close in 6 seconds and it will appear

again each time you tap the screen.

1. Play / Pause Video

- In video playing mode;
- Tap the center of screen to pause the playing video. Also, the Video Now Playing interface is appearing.
- Tap the center of screen to play the video file from pause.

2. Play Next / Previous file and Fast-forward / Fast-backward

- Call out the video now playing interface. Then;
- Tap ▶▶ icon to play next file.
- Tap ◀◀ icon to play previous file.
- Tap and hold ▶▶ icon to play fast-forward.
- Tap and hold ◀◀ icon to play fast-backward.

3. Adjust volume level

- In video playing mode, press or pressing the ⊖ / ⊕ button to decrease / Increase the volume level.

For hearing protection; *a display warning pop-up on TFT screen when every time you increase the volume level and reach to the default setting level which may exceed 85dB. Tap the relevant showing icon on screen to accept the warning and enter/continue into the volume control for increase the level and until to maximum.*

4. Stop and Exit from Playing

- In video playing mode;
- Slide to right on screen to stop the playing video and the screen will switch back to video file list interface.
- Slide to right on screen again to switch back to main menu.

I. Video file conversion

The Player supports video file in **"AVI"** format **(max. 128x128, 15fps)**. If your video file is different or you found format error, convert it to the correct format through the included **"AVI Video convert Tool"** as follows:

1. What format files can be converted by the AVI Video Converter:

This tool can converted the video files of the following formats:

- **AVI**
- **MP4**
- **RM / RMVB**
- **WMV**
- **MPEG**
- **ASF**
- **MKV**

(Choose MKV file in File Type box instead of choose All file, since all file is not included MKV inside)

- **DAT (VCD)**
- **VOB (DVD)**

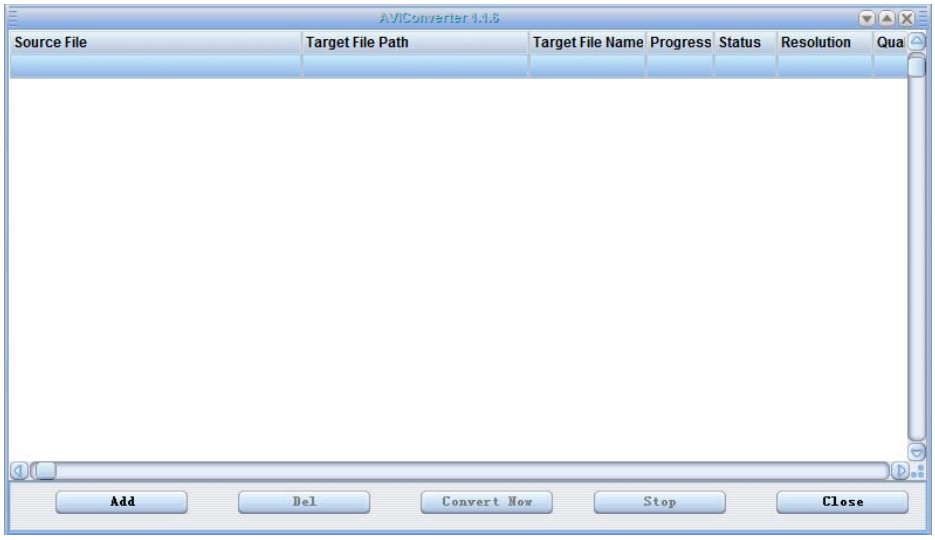
Important: *For Video Conversion, please make sure you have installed Microsoft DirectX 9.0 or above. When to convert Real Media, QuickTime, MPEG format video files, please install related DirectShow filter at first. Otherwise, AVI Converter cannot work normally.*
For Media Manager in Windows XP and Windows 2003, please make sure you have installed Microsoft Media Player 10.0 or above, and Microsoft .NET framework 3.0.

2. Program installation and use

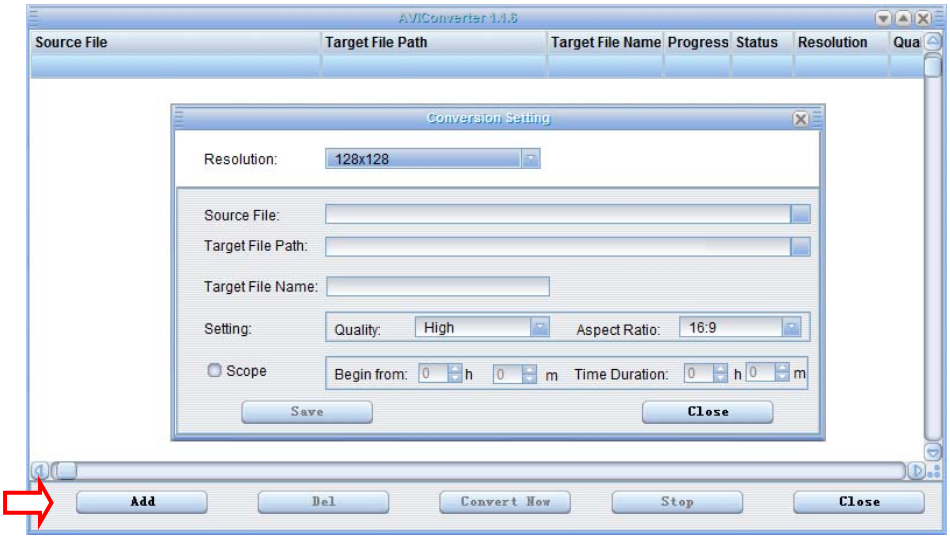
- The AVI Video Convert Tool is stored on the device's memory, or on the provided CD, in a folder named **"UTILITIES > Video Conversion Software"**. Download it onto your computer for copy, and then install this tool on computer directly.
- Open the **"Video Conversion Software"** folder, select and double click the **"Setup.exe" (Example: Nano 1.1.x Setup.exe (or higher))** to run the setup program. And then follow the instructions appears on screen to install the program into your computer.

Nano AVIConverter 1.1.6 Setup
Welcome to the Nano AVIConverter 1.1.6 Setup Wizard
This wizard will guide you through the installation of Nano AVIConverter 1.1.6.
It is recommended that you close all other applications before starting Setup. This will make it possible to update relevant system files without having to reboot your computer.
Click Next to continue.
Next >
Cancel

- After installation is completed, select and double click the **"AVI Converter"** icon, the following program window will appear on the computer screen:



- Click **“Add”** button, and the following additional dialog box will appear:



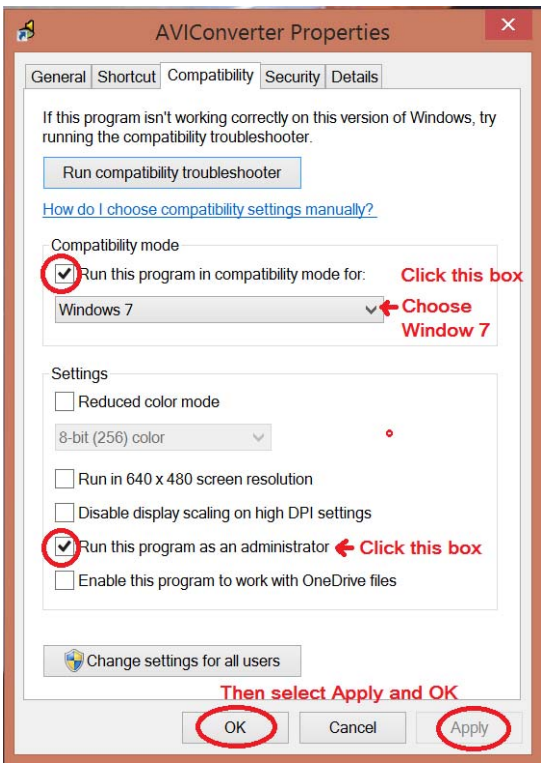
- Make sure resolution of AVI is selected to **“128x128”**, if not, click on the button at right and change it to **128x128”**.
- The Quality of AVI in Setting is defaulted at **“High”**. You can change it, by click on the button at right, to **“High / Normal / Low”** if you want.
- The Aspect Ratio of AVI in Setting is defaulted at **“Full”**. You can change it, by click on the button at right, to **“Full / 4:3 / 16:9”** if you want.
- Choose the location or folder where to save the converted AVI files, click the **“Target File Path”** button (the button right next at the item). A dialog box will appear, choose your desired location or folder and then click **“OK”** to complete the changes.
- Choose the folder and file where the original video file are, click the **“Source File”** button (the button right next at the item). A dialog box will appear, choose your desired folder and file, and then double click the selected file, or click **“Open”** to complete the select.
- Click **“Save”** and then **“Close”** button to confirm, the additional dialog box will closed and then you will see the selected source file is appeared in the program window.
- Click **“Convert Now”** button to start the video conversion. The conversion is in progress and you will see the status of percentage is showing on the program window.
- Click **“Del”** button to delete the selected source file from the program window.
- Click **“Close”** button to exit the program after you have finished the conversion.
- And now the converted AVI file(s) is ready to transfer, you can simply copy and place those converted AVI files to the Player.

Attention:

For running this program in Window 8 PC, please change the properties

of Run Compatibility settings by the following method after installed this **Video Conversion Software** before use it.

- Move the mouse allow on this program icon which in desktop, then right click mouse button, a “dialog window” pop up for use;



- In Compatibility mode window, click the box of **“Run this program in compatibility”** for and chose **“Window 7”**;
- In Settings window, click the box of **“Run this program as an administrator”**;
- Then select Apply and OK to confirm and exit from dialog window.

J. Use Pedometer Menu

Before you start to use the pedometer interface, make sure you have set the **“Step Profile”** at Setup menu’s item **“F.8.”** which mentioned above in Setup menu.

1. Setup your Step profile:

- Open the **“Setup”** menu > tap **“Step Profile”** > **“Weight / Step Size / Height”** and input the following:

a. Weight:

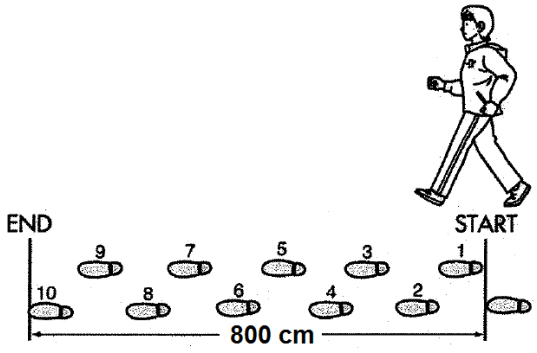
- According to your known personal weight, tap the suitable range (example: 70 ~ 80Kg) and store into setup menu by tap on it item.

b. Step Size (Stride length):

- According to your known personal step size, tap the suitable range (choose 80 ~ 89cm example refer to “Stride Length Measurement” as illustrated below) and store into setup menu by tap on it item.

Example for Step Size measurement

- Walk / Run 10 steps with your normal stride as illustrated below;



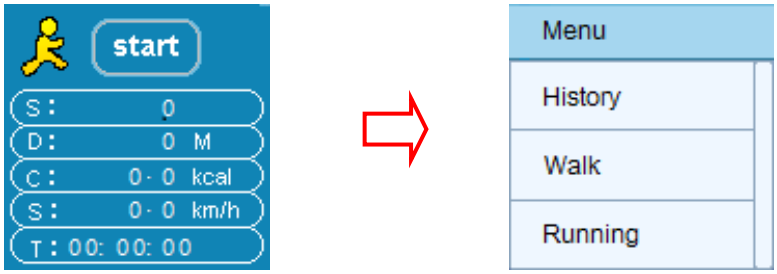
- Measure the distance from START to END in centimeter (cm). Then calculate your stride length by dividing the total distance by 10. Example:
- Total distance = 800 cm;
- 800 cm ÷ 10 steps = 80 cm (average per stride).

c. Height:

■ According to your known personal height, tap the suitable range (example: 180 ~ 189cm) and store into setup menu by tap on it item.

2. Setup your Step mode:

■ Open the **"Pedometer"** menu, a **"Pedometer"** interface appear > then slide to left on screen to call up the submenu, the item's **"History / Walk / Running"** appear to choose;



■ Then, tap the **"Walk"** or **"Running"** mode which you going for the pedometer count as you desired and the screen will switch back to pedometer interface. Now, the pedometer function is ready to start.

■ To check the current step mode, slide to left on screen to call up the submenu again, the current step mode is marked with the icon.

3. Start Pedometer Counts Function

■ In **Pedometer** interface, tap the Start icon to enter and start pedometer

counts function when settings are completed, the pedometer counts display is appearing and time is start running, from “00:00:00”.

- At same time pedometer sensor is starting to counts your move. Now you can start the walk or running as you chosen.
- Those wanted information; such as: Steps, distance, calorie burned and Speed (average speed per Hour), are showing on pedometer counts display screen for view.

4. Stop Pedometer Counts Function & Save Record

- In **Pedometer** interface, tap the Stop icon to stop and reset the pedometer counts function. All the values on items are reset to “0” and the **“Stop”** icon is switched back to **“Start”** for next count if you want.
- At the same time, the pedometer counts record is saved with file name **“YY.MM.DD_HH.MM”** (the date & time to stop pedometer counts) in history menu for you look up later. And, maximum 20 records are allowed to storing in memory. Moreover, the new records will overwrite the old Records automatically if it over 20.

5. View History Records and Delete Record

a. To View History Record:

- In **Pedometer** interface, slide to left on screen to call up submenu > then tap **“History”** to look up your pedometer counts record(s), a history list appear to choose;
- The file record number from **“01 ~ 20”** with name **“YY.MM.DD_HH.MM”** will show in list. To move record’s item up or down, slide to **“Up / Down”** on screen.
- Tap the wanted record name to enter the history display to view the pedometer counts record. (01 is newly record)
- Slide to right on screen to back previous menu, and tap the item on screen to enter the items or menus as desired.

b. To delete the unwanted History record:

- In history list interface, tap and hold on item which you want to delete, then a warning dialog box with **“Del”** appear to confirm;
- Tap **“Yes”** to confirm. Or, tap **“No”** to abort.

c. Attaching the player for pedometer

Place the player on Waistband ■ Put the unit on your waistband and adjust it to comfortable position.	

Place the player in your pocket

- Do not place the unit in the back pocket of your pants, to prevent sitting on it.
- Close the zipper / button of your pocket (if available) to prevent the unit from dropping.

Hanging the player from your neck

- Attach a secure lanyard or string to the unit. (not provided)
- Place the lanyard around your neck and hang the unit as illustrated.

NOTE: *Make sure the lanyard / string is correctly sized to easily remove the unit from around your neck. If used hanging around neck, the lanyard / string can cause strangulation. Do not place the unit with lanyard / string around a child's neck.*

Place the player on Watchband

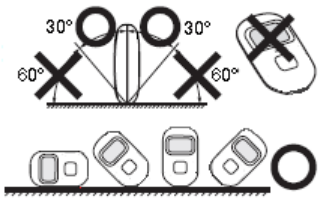
- If you want the player as watch's pedometer, please note the following:
- To correctly calculating the number of steps, the player must be worn on the hand by use the watchband (provided), put Player's back cling to your skin, and let your arm swing freely.
- The built-in sensors will detect the movement of your arm to determine if you are running or walking. Therefore, often to watch the pedometer record or clock time may affect the pedometer counts detects while you are in walking or running, please keep your arm movement in natural swing.

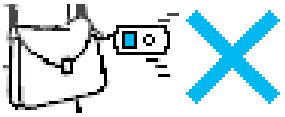
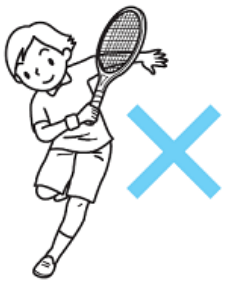
The unit may not count steps correctly in the following conditions:

The unit is not positioned correctly.

- When the front of the main unit is placed in the angle of less than 60° or horizontal to the ground.

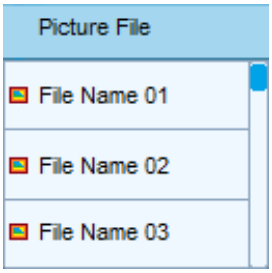
NOTE: The unit can count steps even if it is slanted or placed upside-down, or if the main unit is perpendicular to the ground.



The unit moves loosely. ■ When the unit is loose or flat in your pocket or bag (not in a horizontal or vertical position). ■ When the unit swings from your belt, the top of your pants or a bag.	 
Up and down movement. ■ Standing up and/or sitting down movement. ■ Playing sports other than walking. ■ Ascending or descending movement at stairs or in a steep slope.	
Walking at an inconsistent stride. ■ When you shuffle or wear sandals. ■ Starting and stopping or other forms of inconsistent walking. ■ Walking extremely slowly.	
Vibrations from a moving vehicle. ■ Such as riding a bicycle, automobile, train or bus.	

K. Use Picture Menu

■ From main menu, choose the **“Picture”** by slide to left / right on screen, then tap the **“Picture”** menu icon, a **“Picture File”** list interface appears to use;



- In picture file list interface, slide to up or down on screen to page up/down the list for folder and file selection. (Make sure you know which folder(s) are contains supported picture files. If not, no picture file will show out when you entered the selected folder)
- Slide to right on screen to go back to previous list, or slide to up / down on screen to move up or down the list when necessary.
- Once files are located, tap the desired file to start the play, a Picture Now Playing interface appear and the picture is displaying.

1. Play Next / Previous file

- In picture now playing mode;
- Slide to up on screen to play next file.
- Slide to down play previous file.

2. Play / Stop Slide Show Function

- In picture now playing mode;
- Tap the center of screen to start the play for slide show, and the picture will change to next automatically. (Refer to the "Auto Play Time" of picture settings which set in Setup menu)
- Tap the center of screen again to stop the slide show.

3. Exit from Playing

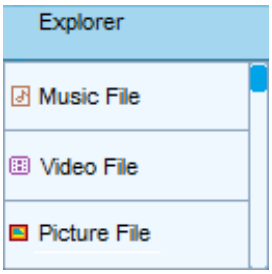
- In picture now playing mode;
- Slide to right on screen to stop the play and the screen will switch back to Picture file list interface.
- Slide to right on screen again to switch back to main menu.

L. Use Explorer Menu

The Explorer function allows you to select and direct play those media files in Player's root directory and in your created folder(s). To do this:

- From main menu, choose the **"Explorer"** by slide to left / right on screen, then tap the **"Explorer"** menu icon, a **"Folders and or Files"** list interface appears to use;

Show icon = music file, icon = video file, icon = picture file.



- In list interface, slide to up or down on screen to page up/down the list for folder and file selection. Then tap the desired folder name to enter and view the file(s).
- In file's list screen, slide to right on screen to exit to previous list for

selection, or tap the desired file to start the play.

- One desired file is chosen, the file will play automatically by the relevant interface program.
- In Now Playing interface, press or pressing the function's key and or tap the relevant icons, or slide to Up / Down / Left / Right on screen for the wanted function. (refer to item D above mentioned functions for reference)

M. Use Bluetooth Menu

- In music playing mode (playing a music), then go to Bluetooth menu, tap it to enter into Bluetooth interface.

1. Turn ON and OFF the Bluetooth Function:

- Tap the **"OFF"** icon on screen, the Bluetooth is turning into **"ON"** and a message **"Please wait …!"** pop up on screen. For few seconds, a **"Paired"** interface show **"ON"** will appear to use;
- To turn **"OFF"** the Bluetooth Function, tap the **"ON"** icon.

2. Search and Pair with Bluetooth receiver device:

- Before pairing, please make sure your Bluetooth Receiver Device supports Bluetooth A2DP profile.
- Keep the device in 1 meter of your Bluetooth receiver device.
- Switch on your Bluetooth receiver device and enable it to searching / pairing mode.
- Then, in Paired interface, tap **"Scan"** icon or slide to left on screen, to start the scanning function, for approximately 10 ~ 30 seconds; an **"Available"** list with found device's name will appear to choose for pairing.
- Tap the wanted **"Device Name"** in list on screen for pairing, page up the device name list for looking your desired name of device when necessary, wait for few seconds both device should be paired, the current playing music will play automatically from your Bluetooth receiver device, and a Bluetooth icon " ᛒ "is displaying at the right side of chosen device item in list. Both devices are paired.

3. Change playing music file:

- In Bluetooth transmitting mode, exit and go into Music Now Playing interface for change the playing file if necessary.
- In Music Now Playing interface, tap ◀◀ / ▶▶ icon for changing play file.
- Tap ▶ / ⏸ icon for pause or play the music.

4. Disconnect with Connected Bluetooth device:

- In Paired interface, tap the item of connected device name in list, a dialog box **"Disconnect?"** appear to confirm. Tap **"Yes"** icon to confirm, or **"No"** to abort.

5. Unpair with Connected Bluetooth device:

- In Paired interface, tap and hold the item of connected device name in list,

a dialog box **"Unpair?"** appear to confirm. Tap **"Yes"** icon to confirm, or **"No"** to abort.

Bluetooth Function Limitation:

1. Due to the resources control, when you turn the player into Bluetooth audio transmitting mode, the Video, Picture, Explorer menu etc… cannot be used.

2. EQ will lock as default effect even you want to change it.

3. Every time power Off the device, Bluetooth will be turned Off for energy saving. If you want it again, turn On the Bluetooth function after power On the device.

N. Clock and Interface Display:

This Player can turn to clock watch style if install it into the watchband (provided). Furthermore, the device will display clock's time as priority, you can simply:

- Press or pressing the M button to switch over in the clock and interface display if you want when the Player is in operation mode.
- If the Player is in dark screen mode (touch screen locked), press once the M button to wake up it from dark and the touch screen is unlocked at the same time.
- Then press the M button again, or tap the center on screen, to enter into main menu or current interface display which in using.

Note:

1. *Recommended to turn OFF the Player when you not use it for saving the battery energy, because the player still using certain battery energy if it still in operation and or dark mode. (However, the clock time display will turn into standby mode in 1 minute)*
2. *For Clock display with power saving mode, In battery fully charged, the battery can last for 40 ~ 48 hour then the device will turn to Off automatically and running for clock backup mode (the clock running in background).*
3. *When turn to clock backup mode, the battery can last for more than 3 weeks. You need to recharge the battery within this period for maintain the battery energy.*

O. Reset Device

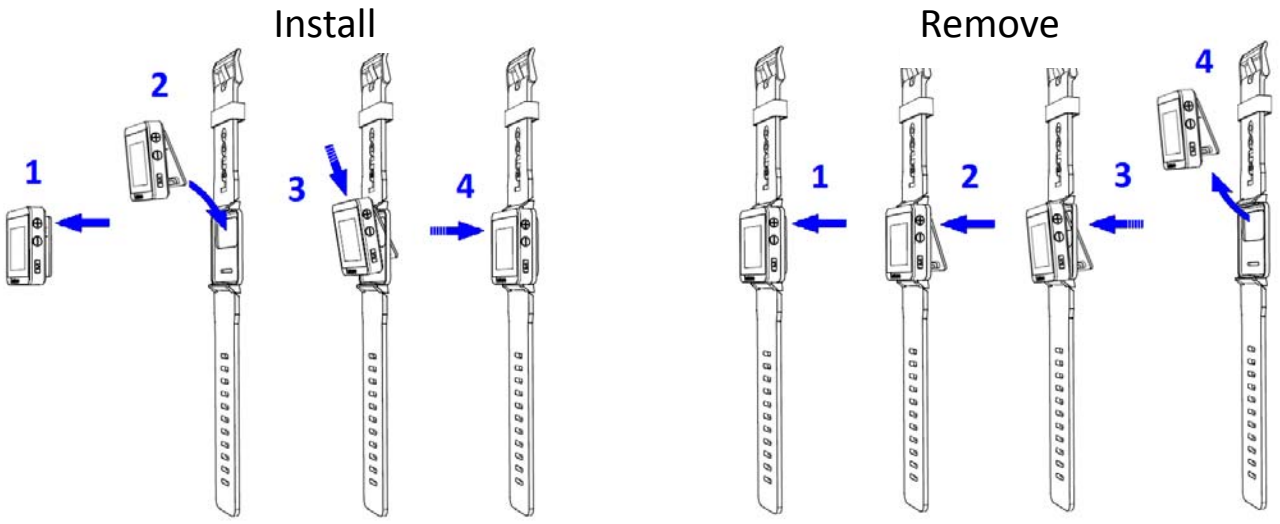
In some circumstances, the device may encounter dead halt during use. Reset Player by the following method:

- Press and hold the M button for 10 ~ 12 seconds, the device will switch to **"OFF"** from hanging screen if it is in operation mode, the player is reset. Then again, press the M button to turn "ON" the Player for operation.
- The reset function will working only when the device is in hanging. The

button normally working as power ON and OFF function if you press or hold it for some seconds.

Important: *Do not reset the device if it is proper working.*

P. Install / Remove with Watchband



Q. Splashproof Handling:

4. The Sport Watch can handle a brief jet of water on its surface (IPX4 Splash Proof). However, it should never be operated under running water and under no circumstance it should never be fully immersed in water. Make sure that the splash proof Rubber Seal Cover it tightens closed at the right position.
5. Always wipe the Sport Watch surface thoroughly if it becomes wet with moisture or water splashes. This will help to prevent the internal parts of the unit from entry of water and possible moisture damage.

R. Trouble Shooting

Unit cannot turn ON	* Check battery is it charged with enough energy. * Player cannot turn On if Battery energy is too low.
No sound is heard from headphone.	*Check whether Volume is set “0” and connect the headphone plugs firmly. *Check whether the headphone plug is dirty. *Corrupted MP3 may make a static noise and the sound may cut off. Make sure that the music files are not corrupted.
Characters in LCD are corrupted	*Check whether the right language has been selected.
Download of media files fails.	*Check whether USB cable is damaged and is connected properly. *Check whether driver is installed correctly. *Check whether the player’s memory is in full.

Bluetooth can't pair and connect to a Bluetooth receiver device	*Make sure Bluetooth receiver supports A2DP. *Make sure Bluetooth receiver is placed within connection distance in 5 – 10 meters. *Make sure Bluetooth receiver has already entered into pairing mode.

S. Frequently Asked Question

Where can I find updates & download?	Check for latest Software update at http://www.lenco.com/support/firmware/

T. Specification

Dimension	45.2 mm (H) x 40.3 mm (W) x 18.0mm (D)	
Weight	26g	
LCD	1.41 inches, Resolution (RGB) 128 x 128	
PC connection	USB 2.0	
Earphone Impedance	32 Ohm	
Internal Memory	See carton or giftbox	
Battery	Lithium 3.7V, 240mAh	
	Max. Play Time: ● 10~12 Hours for music at power saving mode. ● 4~5 Hours for movie. ● 5~6 Hours for Bluetooth Transmission at power saving mode. ● 40 ~ 48 Hours for Clock display at power saving mode.	
Bluetooth	Specification	V2.1 + EDR
	Frequency	2.402 GHz ~ 2.480GHz
	Profile	A2DP, AVRCP
	RF Transmit Power	Class II
	Transmission	Supported Audio only
	Connection Distance	In 10 meters (open area)
Audio	Earphone Output	2mW x 2 at 32 Ohm
	Frequency Responses	100Hz to 20KHz
	SNR	> 70dB
Music Format	MP3, WMA	32Kbps – 320kbps
	MP1, MP2, APE, FLAC, WAV,	
Movie Format	AVI	Max. 128x128 15fps (Need video conversion)
Pedometer	Sensor	3 Axis Accelerometer

	Display	Steps Record, Distance, Average Speed, Calories Burned and Time used (by calculation)
Picture Format	JPEG, BMP	
Water Resistance	IPX4 (Splash Proof)	
Operating Temperature	0 to 40℃	
Operating System	Window 2000/XP/Vista/Win7. Or, Mac 9.2 and above	

U. Disclaimer

Updates to Firmware and/or hardware components are made regularly. Therefore some of the instruction, specifications and pictures in this documentation may differ slightly from your particular situation. All items described in this guide for illustration purposes only and may not apply to particular situation. No legal right or entitlements may be obtained from the description made in this manual

V. Service and support

For information: www.lenco.com
For support: http://lencosupport.zendesk.com

Lenco helpdesk:

Germany 0900-1520530 (Local charges)
The Netherlands 0900-23553626 (Local charges + 1ct p/min)
Belgium 02-6200115 (Local charges)
France 03-81484280 (Local charges)

The helpdesk is accessible from Monday till Friday from 9 AM till 6 PM.
When contacting Lenco, you will always be asked for the model and serial number of your product. The serial number can be found on the back of the device. Please write down the serial number below:

Model: MP3Sportwatch-100
Serial number:_____

Lenco offers service and warranty in accordance to European law, which means that in case of repairs (both during and after the warranty period) you should contact your local dealer.
Important note: It is not possible to send products that need repairs to Lenco directly.

Important note: If this unit is opened or accessed by a non-official service

center in any way, the warranty expires.

This device is not suitable for professional use. In case of professional use, all warranty obligations of the manufacturer will be voided.

W. WEE Directive

This symbol indicates that the relevant electrical product or battery should not be disposed of as general household waste in Europe. To ensure the correct waste treatment of the product and battery, please dispose them in accordance to any applicable local laws of requirement for disposal of electrical equipment or batteries. In so doing, you will help to conserve natural resources and improve standards of environmental protection in treatment and disposal of electrical waste (Waste Electrical and Electronic Equipment Directive).

X. CE Marking

Products with the CE marking comply with the EMC Directive (2004/108/EC) and the Low Voltage Directive (2006/95/EC) issued by the Commission of the European Community.

Hereby, STL Group BV, Ankerkade 20 NL 5928 PL Venlo, declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.
The declaration of conformity may be consulted at
https://lencosupport.zendesk.com/forums/22413161-CE-Documents

This product operates at 2400 - 2483.5 MHz and is designated only to be used inside a normal household environment. This product is suited for this purpose within all EU counties.

®All rights reserved

EC-Declaration of Conformity

CE marking

We, Manufacturer/Importer
(full address)

STL Group BV
Ankerkade 20
5928 PL Venlo NL

declare that the product
(description of the apparatus, system, installation to which it refers)

Bluetooth Sport Watch

Lenco model MP3 Sportwatch-100

Is in conformity with

Council Directive 2004/108/EC (EMC Directive)
R&TTE Directive (1999/5/EC)

Standards to which conformity is declared:

EN 300 328V1.8.1(2012:06)	Compatibility and Radio spectrum Wide band Transmitter systems in the 2,4 GHz ISM band and using spread spectrum modulation techniques under article 3.2 of the R&TTE Directive
EN 301 489-1V1.9.2 2011	ERM, EMC standard for radio equipment and services Part Common technical requirements
EN 301 489-17V2.2.1 2012	ERM, EMC standard for radio equipment and services Part condition for 2.4GHz wideband transmission systems and 5GHz high performance RLan equipment
EN 62479 :2010	Human Exposure to Electromagnetic Fields from Multimedia Products (10MHz to 300GHz)
EN 55022:2010	Information technology equipment – Radio disturbance characteristics – Limits and methods of measurement
EN 55024:2010	Information technology equipment – Immunity characteristics – Limits and methods of measurement
IEC 60950-1 1:2005 2Ed +A1:2009	Safety requirements for mains operated electronic and related Apparatus for Information technique and similar general use

Manufacturer/Importer STL-group BV

Date: June 23, 2014

Signature: _____ Name: G. Moors